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Your essential daily news | WEEKEND, JULY 10-12, 2015

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A SOMBRE SOUND

The Cadets Canada Menin Gate Bugle Group pipes into Grande Parade for a Last Post ceremony Thursday. See [metroNEWS](#).

‘Financial oppression’

INCOME ASSISTANCE
Protesters call for unfreezing N.S. welfare rates

Frozen income assistance rates brought a group of protesters to the provincial government’s community services building on Gottingen Street in Halifax on Thursday.

Income assistance has been frozen in the province for two years now, which demonstrators who gathered in the north-end Halifax neighbourhood argued has left many across the province struggling to pay rent, access healthy food and receive training to help find jobs.

“They need to stop freezing the welfare rates, because the price of living is going up, so too the support needs to go up,” Cassandra Cary said Thursday.

Protesters were hoping for an increase July 1, which was the case from 2010 through 2013, until the

freeze was put in place.

Cary also said people who are on disability, such as herself, are losing their special diets and modes of transportation.

“There’s a financial struggle every month for people to survive and they cannot meet their physical and life needs,” protester Patti C. said, adding that people on income assistance are caught in a vicious cycle: They want training to find work, but can’t get support to get them through training.

“Everybody’s feeling like there’s a financial oppression going on within the Canadian government, and it’s being taken out on the shoulders of those who can afford it the least.” HEIDE PEARSON/FOR METRO

ORGANIZERS

The Community Advocates Network, a group that brings together low-income individuals, helped organize Thursday’s protest in Halifax.



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Dance guru Suneetra Karam Singh. Inset top to bottom: Aastha Goel, Katie Cohoon, Lotus Esparza. COURTESY NICK DOLLIMOUNT

‘This means the world to me’

NEPTUNE THEATRE

Sexual abuse survivor find empowerment in Indian dance

Heide Pearson
For Metro | Halifax

Get a glimpse of the oldest dance form in the world, Bharatanatyam, this weekend, as Neptune Theatre in Halifax welcomes two performances of the classical Indian dance.

The Samudbodhana, or The Awakening, is a performance of Bharatanatyam, one of four classical Indian dances. Often called the “Ballet of the East,” it’s characterized by fast, rhythmic footwork, intricate hand gestures, eye movements and elaborate storytelling.

“It is a deep and powerful dance form,” performer and instructor Suneetra Karam Singh said Thursday. “It takes you from just learning about moving your body to a place where you are learning about moving the soul of the audience.”

Dance guru Singh is a survivor of sexual exploitation and multiple rapes. She said Bharatanatyam was for her, a way to move forward and feel empowered again.

“The one thing that brought about tremendous healing with my body was actually to dance.”

Singh started dancing as a young girl, as most women who dance classical Indian dance do. It demands a lot from the body, and takes tremendous dedication and work, she said. This weekend, Singh will perform with three other women: Katie Cohoon, Lotus Esparza and Aastha Goel, who have learned the dance as adults, which is incred-

ibly difficult. The dancers have been training to strengthen their bodies and minds for five hours a week since October, Singh said.

“The dancer has to become completely naked, and she takes on the dance itself,” she said. “You reach a point where the dancer and the dance become one.”

Singh said she wanted to teach women Bharatanatyam because she had such a journey as a dancer and wanted to share that positive experience with other women.

“If I can do this with my body and bring about this sense of empowerment, this sense of fulfillment, the sense of purpose, the sense of power, then I want to be able to bring this to other people.”

The goal of classical Indian dance is to evoke emotion in the audience, with dancers taking the crowd on a “divine” magical journey.

“They can expect an evening of being transported into a world unlike anything they have experienced before,” Singh said.

She added she is very proud and honoured to bring the beautiful storytelling and emotion of Bharatanatyam to Halifax.

“This means the world to me; my entire purpose revolves around that.”

Samudbodhana will be performed on Friday and Saturday, starting at 7 p.m. both nights, at Neptune Theatre. Tickets are \$25 at the box office.





The Cadets Canada Menin Gate Bugle Group play the Last Post at Grand Parade in Halifax on Thursday afternoon. JEFF HARPER/METRO

'They're still among us'

GRAND PARADE

Recognizes unknown fallen WWI soldiers



Zane Woodford
Metro | Halifax

At 8 p.m. on Thursday in Ypres, Belgium, the Last Post was played for the 30,000th time since 1928 at the Menin Gate.

In Halifax, the Cadets Can-

ada Menin Gate Bugle Group played the song at the Grand Parade at the same time — 3 p.m. Atlantic.

It was the only such performance in Canada on Thursday, performed in Belgium every day at 8 p.m. to commemorate the 54,897 First World War Commonwealth casualties whose bodies were never recovered, including 6,940 Canadians.

Chief curator of the army museum at Halifax Citadel, Ken Hynes, led the ceremony and reminded the few dozen people gathered that many Canadian soldiers who fought in the First



This is a tremendous way for us as a province to continue to honour and remember them, not just on Remembrance Day, but on every day of the year.

Premier Stephen McNeil

World War took their last steps on Canadian soil in Halifax.

"There are plenty of examples of sacred ground that exist in the fields of Europe," he said.

"We have sacred ground right here in our own country, in our own province, in our own city."

"There (are) so many soldiers

that died and we don't know their names," said deputy mayor Lorelei Nicoll.

"But just as Ken said earlier, just because we don't know who they are, that's all the more reason to honour them. They're still among us."

Premier Stephen McNeil

represented the province at a ceremony at the Menin Gate 15 months ago.

"It was an extraordinarily humbling experience when you realize how many people left this province ... really their last steps on Canadian soil were here in Nova Scotia," he said.

The Menin Gate Bugle Group is made up of cadets from across Canada between the ages of 12 and 18. They've been performing the Last Post as part of this year's Royal Nova Scotia International Tattoo, and Thursday's performance was their last.

EASTLINK

Premier critiques Internet cap

Nova Scotia Premier Stephen McNeil is harshly criticizing plans by Eastlink to cap monthly data usage for rural Internet customers, saying his government will reach out to the company's competitors to improve Internet access in those areas.

McNeil said some rural customers still do not have access to adequate high-speed Internet, something he considers an essential service like transportation infrastructure.

"This is not, in our view, a luxury. This is something that we believe Nova Scotians deserve," McNeil said after a weekly cabinet meeting Thursday in Halifax.

"We are running out of patience, quite frankly, as a government, with what we believe is inadequate service."

The service provider recently informed its rural customers in southwestern Nova Scotia that their data usage would be capped at 15 gigabytes per month, with a \$2 fee charged for each additional gigabyte up to a maximum of \$20.

McNeil said the government doesn't have the ability to override Eastlink's plan as it is a private sector company.

Eastlink is part of a 2007 government contract intended to deliver high-speed Internet to everyone in the province by 2009.

But the Business Department said Thursday the government has spent \$18.9 million on the initiative and there's still well over 1,000 Nova Scotians with limited or no Internet access.

ALY THOMSON/THE CANADIAN PRESS

IN BRIEF

Business resumes at Dartmouth provincial court after bomb threat

Everything was back to normal at Dartmouth provincial court by mid-afternoon Thursday, but Halifax Regional Police said they're continuing to investigate a bomb threat called in earlier in the day. Spokeswoman Const. Stacey Opalka said the threat was called in to 911 just before 1 p.m. Thursday. Opalka said the building was not evacuated, but police were not letting people in after the threat was received. Officers swept the building with the help of police dogs, but found "nothing suspicious," police said in the news release.

ZANE WOODFORD/METRO

SAFETY

Government says no to fence installation at Peggy's Cove

The Nova Scotia government has firmly quashed the idea of installing fences on the large, smooth rocks at Peggy's Cove, saying the barriers wouldn't deter thrill-seeking gawkers from getting too close to the ocean.

Municipal Affairs Minister Mark Furey, speaking after a Thursday cabinet meeting in Halifax, said the government will instead install new warning signs in response to two recent incidents of people falling into the rough surf.

As well, Furey said the government is considering installation of a fence around a nearby parking lot that tourists use, saying the fence could guide them toward the warning signs.

"Under no circumstances would we ever consider placing a fence out on the rock portion of Peggy's Cove," said Furey, a former Mountie. "My experience is that people go over and around those barriers."

Peggy's Cove is famous for its landscape of stark granite

boulders, crashing Atlantic seas and postcard-perfect lighthouse.

But the rocks can be slippery and rogue waves have been known to sweep onlookers into the ocean.

Earlier this month, a 26-year-old Ontario man was rescued after falling from the rocks. The Mounties say he was in the ocean for 10 minutes before he was pulled from the churning water by the crew aboard a nearby tour boat.

THE CANADIAN PRESS



The Peggy's Cove lighthouse. METRO FILE

0%**

TOYOTA

‘We’ve really got it good here:’ Our HRM Alliance

THE GREAT OUTDOORS

Group leads hike, bike trips to showcase greenbelt



Haley Ryan
Metro | Halifax

For those who have driven by the miles of lakes, forests and trails surrounding Halifax and never really known how to access them, this is your lucky summer.

Starting July 18 and running until the middle of August, Our HRM Alliance has organized more than 15 hiking, biking, running, walking, paddling and sailing events for residents in light of the city beginning work on the first Halifax Green Network Plan.

“We can only hope to protect what we know is there,” co-ordinator Tristan Cleveland said Thursday.

“This is about protecting the most incredible landscapes that make Halifax so special.”

The Green Network Plan is a priorities plan for “protecting and managing open space,” according to Halifax Regional Municipality.

The Hike the Greenbelt events are mostly day trips taking place on the weekend, but also include a multi-day canoe trip, a couple weekdays, and people of all ages can take part.

Tristan Glen of Our HRM Alliance and the Ecology Action Centre will be leading the way on events such as biking the Chain of Lakes and BLT trails, paddling Quarry and Suzies



Guide Tristan Glen in Point Pleasant Park on Thursday. JEFF HARPER/METRO

lakes, hiking McIntosh Run, the Bluff trails and Crowbar Trail, and sailing on St. Margaret’s Bay.

“We’ve really got it good here,” Glen said. “You can take a bus to a lot of these places or ride your bike there.”

All of the events are free, save for the McNabs Anniversary Picnic on July 18, when those who prefer not to kayak can take a water taxi from downtown to enjoy the hiking and BBQ on the island, Glen said.

People can bring their own



A lot of people don’t know what’s out there.

Tristan Glen of Our HRM Alliance and the Ecology Action Centre

gear or rent kayaks from local businesses, Glen said, while they’re hoping to get discounts with a bike-rental company as well.

Another gem will be exploring the Salt Marsh Trails east of Cole Harbour leading to Lawrencetown, Glen said.

“You’re kind of on this causeway with water on both sides of you and it’s really, really magical,” he said.

The rough loop of trails and lakes ranges about 30 kilometres each way east and west of the city, Glen said, cutting through both wilderness and

regional park areas.

“A lot of these areas are kind of hard to get in if you’re just going on your own, because there isn’t a proper parking spot and signage,” Glen said.

“By coming with us, participants will have that confidence.”

+ ONLINE

Check ourhrmalliance.ca for event details.

HEALTH CARE

Province working on MD shortage

Nova Scotia’s health minister says the government is working on a solution to a shortage of obstetricians and gynecologists that is being experienced in some parts of the province.

But Leo Glavine said Thursday in Halifax it could take a year or more for a solution as the province recruits more doctors.

The province is looking at a successful program used by the IWK Health Centre in Halifax as a model for the province.

“How that will be done will be part of the provincial service planning, to have the right number of obstetrician-gynecologists in each of the centres,” Glavine said. “We need that backup. We need that way to be able to fill in when a doctor is sick or goes away for a month of professional development, whatever.”

In the meantime, Glavine said the province has been able to recruit a new obstetrician for Antigonish to replace a doctor who is retiring. “We are moving in the right direction here but to have the best plan for maternal health is indeed one of the priorities of the new provincial health authority and recruitment will be done at the right level, the right complement and the right set of skills that are required in each of the centres across the province.”

THE CANADIAN PRESS



We need that way to be able to fill in when a doctor is sick or goes away for a month of professional development.

Leo Glavine

PICTOU

Pulp mill seeks some give on its water use

The government is making eight changes to its industrial approval of Northern Pulp, in response to an appeal from the Pictou pulp mill earlier this year.

Environment minister Randy Delorey says seven of the eight changes to the permit, which was first issued to the mill in April, are administrative and mostly deal with wording.

The eighth item relates to reductions in water input usage, and is being returned to the de-

partment for further assessment.

Delorey says the decision depends on whether it is possible for the mill to reduce its water use by the amount requested in the approval.

He also emphasized the criteria for the approval is independent from legislation governing the mill’s waste facility in Boat Harbour.

Northern Pulp said in a statement that it is evaluating the long-term impact of the changes. THE CANADIAN PRESS

IN BRIEF

N.L. man charged with stabbing young athlete

The case of a Newfoundland man charged in the stabbing of a young soccer player will be back in court on July 30.

Nicholas Layman, 20, is charged with attempted murder, aggravated assault and assault with a weapon.

An 11-year-old boy was attacked Sept. 25 during a soccer clinic in Conception Bay South, then treated and released from hospital. THE CANADIAN PRESS

DARTMOUTH

Golf carts stolen from country club

The Grandview Golf and Country Club in Dartmouth is dealing with a stroke of bad luck.

Halifax Regional Police police say five golf carts have gone missing from the country club since June 17.

All the thefts happened overnight. Four of the carts were parked around the grounds of the club, and the fifth was parked with the club’s fleet of carts.

Police ask anyone with information to call their local RCMP detachment, or Crime Stoppers. METRO



A golf cart from Grandview Golf course. METRO

Dragon boat race supports youth

COMMUNITY

Event proceeds will help fund amateur sports in Nova Scotia



Zane Woodford
Metro | Halifax

More than 40 teams of 20 paddlers will hit the water on Lake Banook in Dartmouth on Saturday for the 18th annual Dragon Boat Festival.

"It's structured like a competition, but it's a friendly competition," said Sport Nova Scotia CEO Jamie Ferguson on Thursday.

"You don't have to be any type of a competitive paddler or anything like that to be involved."

Teams just need a uniform, 20 paddlers — with a minimum of eight from each gender — and a drummer to keep the timing of the stroke.

Sport Nova Scotia, which organizes the event, supplies a trained "steer-person" for



School kids paddle a dragon boat during an outing on Lake Banook in 2013. The 18th annual Dragon Boat Festival takes place this Saturday at 9 a.m. on Lake Banook, with proceeds going towards the support of youth sports programs. METRO FILE

guiding the boat.

The teams raise money in the weeks before the race, taking donations in the form of pledg-

es, and all the money raised goes towards the Nova Scotia Amateur Sport Fund.

Ferguson said the festival

has raised over \$2 million for the cause in past years.

"It goes to support all kinds of different community sport

programs," he said.

That could mean baseball bats, or even just organizing new teams for kids to play on.



Community sport has such a positive impact, in terms of the chances for our kids to take part.

Jamie Ferguson, Sport Nova Scotia CEO, adding he feels kids are more likely to do well in school if they're active.

Ferguson said for community sport, a little funding goes a long way.

But overall, the festival is "just a fun day of dragon boat racing at Lake Banook."

The racing starts just before 9 a.m. on Saturday, with an opening ceremony at 10:30 a.m.

The event will shut down some of the streets in Dartmouth as well.

Prince Albert Road will be closed between Hawthorne Street and Sinclair Street starting at midnight the night before the races, Banook Avenue and Boathouse Lane will close at 7 a.m., and then they'll all reopen at 5 p.m. after the dragon boat winner is crowned.



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Food centre to get cooking

PRIMROSE ST.

Dartmouth community space to host classes, meals



Haley Ryan
Metro | Halifax

The ovens are in, the tables are ready and Dartmouth north residents will soon be able to gather in their own kitchen.

A project of the Dartmouth Family Centre, the Dartmouth North Community Food Centre is nearly ready to begin programming as staff are in the final stages of ordering food, appliances and everything they need for classes.

"People can access healthy food but they can also come together to learn and share what they know," centre manager Deborah Dickey said Thursday.

"Lots of community members are great cooks."



Dartmouth North Community Food Centre manager Deborah Dickey poses for a photo in the new kitchen on Thursday. JEFF HARPER/METRO

Dickey said the project has been in the works for the last two years, and the 5,000 sq.-ft. space at 6 Primrose St.

went in with support from Community Food Centres Canada.

Although Dickey said they

don't have a schedule just yet, they plan to offer healthy cooking classes, workshops on food security, community

“There’s a huge amount of excitement about it.”

Dartmouth North Community Food Centre manager Deborah Dickey

meals, and a drop-in space for people to grab a coffee and socialize.

"Just the impact on social and emotional well-being, mental health and those sorts of things, I think that will have a huge impact day to day," Dickey said.

Like many neighbourhoods in the region, Dickey said the area has its struggles with individuals and families on low incomes, and with a high number of seniors who find it hard to get fresh produce or have mobility issues and can't make it to the nearest grocery store by the Macdonald Bridge.

By putting the food centre in the middle of the neighbourhood, Dickey said they

get a lot of foot traffic, and she's hoping it will be an accessible destination for seniors and anyone who needs community space.

There are plans for a "quite large" community garden space right next to the building that can be used by anyone, whether they want to grow vegetables or just sit and enjoy the greenery, Dickey said.

"Being able to just sit in the garden is a really healing thing," she said.

The centre will be open Monday to Friday during the day, with a few evening events, Dickey said, and will feature an affordable produce stand on Saturdays thanks to a group of volunteers.

There's been a lot of interest around the project since they held information sessions about a year and a half ago, Dickey said.

"They're really eager for it to open," Dickey said. "People really want to be meaningfully involved."

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PUT WASTE IN ITS PLACE



HALIFAX



WEATHER NOTHING BUT SUNNY SKIES AHEAD A few pedestrians pause near the fountain in the Halifax Commons on Thursday. Temperatures reached 24 degrees Thursday, and Environment Canada is calling for sun all weekend. **JEFF HARPER/METRO**

IN BRIEF

Police officer cleared in shooting of armed teen

The director of Nova Scotia's Serious Incident Response Team has ruled that a police shooting at a Charlottetown mall that injured a teenager was justified.

Ron MacDonald, who was appointed to review the April 3 incident, says the officer had a right to protect himself and a duty to protect others.

"In the circumstances, the risk was clear," said MacDonald in a report released Thursday.

The report says the officer and an unarmed police academy cadet responded to a report of a shooting around 4:30 p.m. in the parking lot of the Charlottetown Mall.

The report says the men located the suspect, a 17-year-old boy who had a knife attached to brass knuckles in one hand and a gun in the other, and ordered him to drop his weapons.

The report says the officer fired three shots when the suspect got within 15 metres, injuring his hand and thigh.

It says that after the teen was arrested, he told police he made the 911 call and concocted the story about the initial shooting. He told police he wanted to die, had made three attempts to kill himself in the last 36 hours and had hoped police would kill him.

The report says the gun he was holding was determined to be a realistic-looking air pellet gun.

THE CANADIAN PRESS

Labour dispute delayed

MONCTON KILLINGS

RCMP review says officers struggled to get info, gear

A lawyer for the RCMP has asked for more time to review

allegations of labour-code violations against the force in connection with last year's murder of three Mounties by a lone gunman in Moncton.

The matter has been set over until Sept. 24 for election or plea.

Employment and Social Development Canada alleges there were violations of the

labour code relating to the force's equipment, training and supervision in the June 4 case that terrorized the New Brunswick city.

Justin Bourque murdered constables Doug Larche, Fabrice Gevaudan and Dave Ross.

Constables Eric Dubois and Darlene Goguen were wounded in the young man's

rampage through the city's north end.

An RCMP review of the shootings said officers responding to the shootings faced a litany of problems that included communicating accurate information, accessing high-powered weaponry and securing protective equipment. **THE CANADIAN PRESS**

+ SENTENCE

Bourque was sentenced to life with no eligibility for parole for 75 years in October after pleading guilty to three counts of first-degree murder and two counts of attempted murder.

CRIME

Accused in triple house-fire killings appears in court

The man charged with three counts of second-degree murder in the deaths of three people in a Halifax-area house fire made a brief court appearance Thursday.

Codey Reginald Hennigar will return to provincial court July 21 to set a date for his preliminary inquiry.

Hennigar was charged after the remains of 81-year-old Clifford William Ward, 74-year-old Ida Raye Ward and 54-year-old Mildred Ann Ward were found in a rural home about 25 kilometres northeast of Halifax's airport in January.

Police haven't discussed the relationship between the deceased and the accused, citing the federal Privacy Act.

THE CANADIAN PRESS



Codey Reginald Hennigar is taken from court in Dartmouth on Jan. 9. **ANDREW VAUGHAN/THE CANADIAN PRESS**

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Canadian Forces troops fight a new enemy: Fire

SASKATCHEWAN

200 soldiers endure smoke, ash, 30 C heat to save homes

"Watch out for the widow-makers!"

The platoon commander shouts the warning to about 200 soldiers slogging their way through dense brush, blackened trees and smouldering ash in the tiny First Nations community of Montreal Lake, about 250 kilometres north of Saskatoon.

A widow-maker is any large branch or treetop no longer attached to a trunk, but still tangled overhead, that could fall at any time.

"Obviously there's the danger of the ash pits and the big concern right now is the burned-out trees — any widow-makers," says Master Cpl. Casey Zaharoff. "And obviously a flare-up."

Casey is one of the hundreds of Canadian Forces personnel who have traded their camouflage duds for bright orange fire-fighting jumpsuits to help beat back the flames in an unprecedented forest fire season.

For soldiers in northern Saskatchewan, orange is the new green.

A handful of homes and cabins in the area have already been destroyed by fires. The army was called in this week to help save the rest and get 10,000 people who have fled the smoke and flames back home.

The help is sorely needed. Crews were holding protective lines around threatened



Military personnel set out to fight fires in La Ronge, Sask., Wednesday. THE CANADIAN PRESS/CONTRIBUTED

communities Thursday, but Steve Roberts with Saskatchewan Wildfire Management said warm, dry conditions and shifting winds could cause more trouble spots.

The narrow dirt road into Montreal Lake is flanked by burned trees, many of them still smoking.

The community is deserted. Several stray dogs follow the soldiers.

It's dry, smoky, hot work. The temperature was forecast to top 30 C on Thursday.

The soldiers push through the bush in long lines and climb over downed trees to get



It's tough to see the homes destroyed and the damage the fire is causing and it's great we're doing something to help put them out.

Afghanistan veteran Cpl. Donny Melsted

to ones that are still smoking or to hot spots on the ground.

There is nothing high-tech in what they are doing: Their main tools are shovels, axes and handheld water sprayers fed by plastic bladders on their backs.

It's challenging, says commanding officer Lt.-Col. Mason

Stalker.

"Certainly fatigue and, of course, the heat are some of the threats that our soldiers deal with," he said. "Of course they're wearing protective equipment, goggles, hard hats, coveralls and gloves."

Stalker said there are about 200 soldiers in Montreal Lake

and another group about the same size in La Ronge, the largest community under threat. He expects another 60 reservists from Saskatchewan will join the fight on the weekend.

Roberts said the province is looking for more firefighters and equipment from across the country and the United States. It is also working to train hundreds of additional people to join the battle in the next few weeks.

Saskatchewan used to have a larger force of firefighters, but there hasn't been a bad wildfire season for years and some moved on to take jobs in the energy industry, Roberts said.

"Now we have a new group of individuals who would like to be signed up. We are going to do what we can to train these individuals and make sure that they can join our firefighting forces and put them to work on these fires."

The plan is to have around 400 fighters ready to relieve soldiers in the coming weeks. The government hopes to cut a few days from the usual five-day training course without sacrificing safety.

"The military's mission is to give us an opportunity to raise these resources," said Dwayne McKay of Saskatchewan Emergency Management.

Cpl. Donny Melsted, who served in Afghanistan in 2009, is happy to be of service.

"It's great to be able to help the people of Saskatchewan in their time of need," he said.

"It's tough to see the homes destroyed and the damage the fire is causing and it's great we're doing something to help put them out."

THE CANADIAN PRESS

FOREST FIRES

Smoke covers the West

Large wildfires raging across Canada have contributed to a smoky haze lingering above the Western U.S., causing spectacular red sunsets in places including Seattle and prompting air quality warnings in Vancouver, and many states.

Parts of British Columbia, Alberta and Saskatchewan are ablaze. In Saskatchewan, more than 10,000 people have been forced from their homes, and the Canadian Interagency Forest Fire Centre said more help from the U.S. and abroad could be necessary. Alberta said Wednesday it was bringing in 62 firefighters from Mexico to help battle 92 wildfires, including 33 listed as out of control.

British Columbia, with more than 180 fires, was bringing in crews from Australia.

Haze that lingered over parts of eastern Colorado for three days was dissipating Thursday. The smoky conditions had prompted a health warning for the Denver area, which was beset by gloomy skies that blocked mountain views.

The tiny particles of wildfire debris in the air pose a health risk for people with lung disease, older adults and children and anyone who exerts themselves outdoors, said Christopher Dann of Colorado's air pollution control division.

Joanne Todd of the Puget Sound Clean Air Agency said smoke from wildfires in B.C. has crossed into Washington state, but said it is high in the atmosphere and is "not affecting us at ground level."

Air quality advisories have also been issued in North and South Dakota.

Environment Canada continued to issue special air quality advisories for parts of B.C., Saskatchewan, Manitoba and northwest Ontario.

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ANIMAL LIBERATION FRONT

Mink release upsets fur farmers

Fur farmers in southwestern Ontario are rattled after more than 8,000 mink were released during two recent break-ins.

Police said about 6,800 mink were let out of four sheds at RBR Fur Farms Inc. near the Town of St. Marys after a perimeter fence was cut open overnight Tuesday.

Rancher Kirk Rankin said other farmers from the seven facilities in Perth County that rear the small carnivores for their glossy fur are "wound up" because it is the second break-in since late May.

Rankin said many mink were recovered on Wednesday and Thursday, including several dead ones, but he won't know the numbers until he gets the animals back into pens.

"My family has been raising these mink for almost 80 years. We like the animal," he said.

"But these other people, if they don't like fur coats, that's fine, they don't have to buy a fur coat, they don't have to wear any fur, but they sure as hell don't have the right to come into our property and do the damage that they did."

The Animal Liberation Front claimed responsibility for an earlier incident at the neighbouring Glenwood Fur Farm that involved the release of about 1,600 mink.

Gary Hazlewood, the executive director of Canada Mink Breeders, said it's the first time he's seen two break-ins within the same year, let alone two in the same area.

In early June, Hazlewood's organization offered a \$75,000 reward for information leading to the arrest of the people responsible. THE CANADIAN PRESS



Pope Francis is presented with a gift of a crucifix carved into a wooden hammer and sickle, the Communist symbol uniting labor and peasants, by Bolivian President Evo Morales in La Paz, Bolivia, Wednesday. L'OSSERVATORE ROMANO/POOL PHOTO VIA AP

SANTA CRUZ

Pope changes in Burger King before Mass

Burger King has long been providing quick meals. Pope Francis has now used it for a quick change.

With hundreds of thousands of Catholic faithful waiting, Pope Francis needed a place to don his vestments to celebrate Mass at the Christ the Redeemer square in Santa Cruz. He had just spent more than 30 minutes in his popemobile waving to thousands lined up on the

streets as he drove to the square for the service.

Enter the restaurant known for Whoppers and fries.

The famously unpretentious pope used the fast food joint, which was closed for the morning for the papal visit, before walking to the nearby altar and beginning the Mass.

Alfredo Troche, manager of the Burger King, said the

papal entourage approached the restaurant and "asked for help because this was an appropriate place and we had closed" to customers.

Minutes later, during his homily, Francis blasted consumerism. He said that by materialistic logic, everything becomes an object that can be consumed and negotiated.

The company wasted no time in letting the world

know of the papal visit. Even before Mass had ended, the restaurant put a post on Facebook thanking the pope "for choosing the BK restaurant as your sacristy."

It also included an advertisement-like image showing the pope beneath a Burger King logo and the words: "There are visits that don't just bring joy to your spirit, but also feed it."

THE ASSOCIATED PRESS

Crucifix gift causes rift

BOLIVIAN VISIT

Morales gives Pope politically loaded gift

Bolivian President Evo Morales' controversial gift of a "Communist crucifix" to Pope Francis threatened to overshadow the pope's visit to Bolivia on Thursday, with the Vatican and Bolivia both insisting that no offence was intended or taken.

Morales gave Francis the crucifix carved into a hammer and sickle upon Francis' arrival in Bolivia Wednesday, immediately raising eyebrows given Morales' past attacks on the church and his socialist bent.

It turns out, the crucifix was originally designed by a Jesuit activist, the Rev. Luis Espinal, who was assassinated in 1980 by suspected paramilitaries during the months that preceded a military coup. Francis, a fellow Jesuit, stopped his motorcade to pray at the site where Espinal's body had been dumped.

The Vatican spokesman, the

Rev. Federico Lombardi, said Thursday the pope had no idea that Espinal had designed the crucifix and was surprised to receive it — a reaction clearly visible in the footage of the encounter. Some reports suggested the pope told Morales "This isn't good;" one of Francis' friends sent a tweet quoting him as saying such. But Lombardi said it wasn't known what the pope had said.

Lombardi said Espinal had designed the crucifix as a symbol of dialogue and commitment to freedom and progress for Bolivia, not with any specific ideology in mind. Lombardi said he personally wasn't offended by it.

"You can dispute the significance and use of the symbol now, but the origin is from Espinal and the sense of it was about an open dialogue, not about a specific ideology," Lombardi said.

He noted the context in which Espinal was living: as a priest working for social justice in Bolivia during a period of instability that preceded a right-wing dictatorship known for human rights abuses.

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The Bolivian government insisted the gift wasn't a political manoeuvre of any sort, but was a symbol that Morales thought the "pope of the poor" would appreciate. "That was the intention of this gift, and it was

not any sort of manoeuvre ... It was really from great affection, a work designed by the very hands of Luis Espinal," Communications Minister Marianela Paco told the Patria Nueva radio station.

Rebel flag to come down

SOUTH CAROLINA

Governor passes new law three weeks after massacre

South Carolina Gov. Nikki Haley signed a bill into law Thursday that will bring down the Confederate flag outside the Statehouse, a move that seemed unthinkable only a month ago in this Deep South state that was the first to secede from the Union.

The law requires the battle flag to be gone within 24 hours; her staff said it would be removed during a ceremony at 10 a.m. Friday and relegated to the state's Confederate Relic Room.

"The Confederate flag is coming off the grounds of the South Carolina Statehouse," Haley said. "We will bring it down with dignity and we will make sure it is stored in its rightful place."

The flag first flew over the Statehouse dome in 1961 to mark the 100th anniversary of the Civil War and was kept there as a symbol of official opposition to the civil rights movement. Mass protests decades later led



Maria Calef, of Columbia, S.C., waves a sign as she celebrates in front of the South Carolina statehouse on Thursday. More than 50 years after a Confederate flag was raised at its Statehouse, the rebel banner is scheduled to be removed Friday. JOHN BAZEMORE/THE ASSOCIATED PRESS

to a compromise in 2000 with lawmakers who insisted that the flag symbolized Southern heritage and state's rights.

They agreed then to move it to a 30-foot pole next to a Con-

federate monument out front. But even from that lower perch, the historic but divisive symbol remained clearly visible in the centre of town, and flag supporters remained a powerful bloc in

the state.

The massacre three weeks ago of nine people inside their historic black church in Charleston suddenly changed this dynamic, not only in South Carolina but

around the nation.

Police said the shootings inside the Emanuel African Methodist Episcopal Church were racially motivated, and by posing with the Confederate flag before the shootings, suspect Dylann Storm Roof, who has not yet entered a plea to nine counts of murder, ignited a debate over the flag's history as a symbol of white superiority and racial oppression.

Haley moved first, calling on South Carolina lawmakers to vote the flag down, and very quickly thereafter, other Republican lawmakers who have long cultivated the votes of Confederate flag supporters were announcing that other Civil War symbols no longer deserve places of honour.

"These nine pens are going to the families of the Emanuel Nine," Haley said after signing the bill into law. "Nine amazing individuals who have forever changed South Carolina history."

South Carolina's flag removal bill passed easily in the Senate, where state Sen. Clementa Pinckney, the pastor gunned down at the church, had served, but was stalled by debate in the House as dozens of amendments were proposed. THE ASSOCIATED PRESS

IN BRIEF

Funeral set for girl killed by leaping sturgeon

Funeral plans are set for a five-year-old Florida girl who died after being struck by a sturgeon that leaped into the boat she was riding in with her family.

Jaylon Leighann Rippey died last Friday, hours after the sturgeon jumped into the family's boat. Officials say the girl's mother suffered facial injuries and her nine-year-old brother suffered a broken wrist.

The Florida Fish and Wildlife Conservation Commission says this was the first fatality recorded from a sturgeon strike on the Suwannee River in northern Florida.

The fish are known for leaping more than seven feet above the water. They can grow up to eight feet long and weigh up to 200 pounds.

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Burglary suspect chased by authorities — and a bull

A bull decided to horn in on the action as authorities chased a suspect in northern Alabama. Sheriff's officials in Marshall County say the burglary suspect was taken into custody after being chased by a bull through a cow pasture.

Marshall County Sheriff Scott Walls says 26-year-old Brad Lynn Hemby was being sought in connection with a burglary Wednesday morning in Arab.

Walls says Hemby tried fleeing deputies by running through a cow pasture and a bull roaming the land joined the chase. Walls says Hemby eventually fell onto a barbed wire fence and surrendered.

THE ASSOCIATED PRESS

Vet finds underwear inside dog during surgery

A U.S. Labrador has some unusual taste buds.

A Pennsylvania veterinarian retrieved 62 hair bands and eight pairs of underwear from the dog's stomach during exploratory surgery.

The head technician at Good Shepherd's Veterinary Hospital told a local TV station that the black Lab named Tiki wasn't responding to medicine for vomiting, diarrhea and a loss of appetite. X-rays showed a mass in its stomach. Last week's surgery lasted two hours.

The dog's owner, Sara Weiss, says Tiki once swallowed a plastic foam dart, but that passed through the dog's system naturally.

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BRITAIN A ROYAL CHRISTENING Prince William and his wife Kate, Duchess of Cambridge, marked a milestone for their newborn baby Princess Charlotte on Sunday — a christening ceremony on Queen Elizabeth II's country estate that was steeped in royal tradition. Hundreds of fans outside St. Mary Magdalene Church in Sandringham, a sprawling royal estate near England's eastern coast, cheered as William and Kate arrived with toddler Prince George and nine-week-old Charlotte, who was in a vintage pram.

MARIO TESTINO/KENSINGTON PALACE/THE ASSOCIATED PRESS



People queue for buses at Stratford station in London, as commuters struggle to get to work because of a strike which brought London Underground to a standstill, Thursday.

STEFAN ROUSSEAU/PA VIA THE ASSOCIATED PRESS

Tube strike slows city

LONDON, ENGLAND

152-year-old subway system shut down for 24 hours

The choices Thursday in London: take a hike, ride a bike, try to find a bus you like.

Millions of commuters jammed buses, rented bicycles or simply walked for miles to and from work as a 24-hour strike shut down the British capital's famed subway system and threw public transport into chaos.

Train drivers on the London Underground solidly supported the strike in a dispute over pay and schedules that take effect when 24-hour service is introduced on some lines later this year. That unanimity has made this strike more severe than previous ones in which management was able to keep a few Tube lines operating.

Business groups say the strike will cost this city of 8.6 million people tens of millions of pounds (dollars) in lost productivity.

London's subway system, with four million journeys a day, nor-

mally shuts down shortly after midnight, with the overnight shift reserved for track maintenance. While it has operated all night on New Year's Eve, the move to have some lines running 24 hours on weekends marks a huge shift for a 152-year-old system.

London Underground's managing director Mike Brown apologized for the disruption but insisted it was a "remarkably fair" pay offer.

"This strike is unnecessary," he said.

Transport officials say the offer included a two per cent salary increase, a 500 pound (\$770) night Tube launch bonus and an additional 2,000 pound (\$3,080) one-off bonus for night Tube train drivers.

Unions say management is trying to bulldoze new work patterns that will cause stress and wreck the work-life balance of people in critical safety jobs.

Lida Fallah-ardakani, 53, tried to attend a medical appointment she had scheduled five months ago. The journey normally takes an hour, but three hours into her trip Thursday she was still trying to get to St. Mary's Hospital.

"I came out of the house at 6 in the morning. But I am still in the bus to the hospital and I am not sure if I can be seen," she said.

Some commuters supported the strikers.

"You have to take action sometimes when you are up against the ... forces of capitalism," said Tricha Passes, a 58-year-old university lecturer.

THE ASSOCIATED PRESS

TOURISM

U.K. issues travel warning for Tunisia

The British government on Thursday told all U.K. tourists to leave Tunisia because a terrorist attack is "highly likely" and the North African country's government has not done enough to enhance security.

The Foreign Office advised against all but essential travel to Tunisia, a popular holiday destination for Britons. It said British tourists on package holidays should contact their travel agents, which will arrange

flights to bring them home.

Thirty-eight tourists, 30 of them British, were killed on June 26 when a gunman stormed the Tunisian beach resort of Sousse. In March, 22 people died in an attack at the National Bardo Museum outside Tunis.

"While we do not have any information suggesting a specific or imminent threat, since the attack in Sousse the intelligence and threat picture has

developed considerably leading us to the view that a further terrorist attack is highly likely," British Foreign Secretary Philip Hammond said.

In a statement, his office said the travel advice had been changed because "we do not believe the mitigation measures in place provide adequate protection for British tourists in Tunisia."

On Saturday, more than a week after the Sousse attack,

Tunisian authorities announced a state of emergency and enacted new security measures such as sending more than 1,300 security forces to patrol hotels, beaches and other tourist sites.

Travel company Thomas Cook, which has about 2,000 British customers in Tunisia, said it would be bringing customers back on its 10 scheduled flights this weekend, and use other airlines if needed.

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Tech evolving past humans

INNOVATION

Advanced networks too 'unmanageable' for our brains

Technology has become so indispensable that when it breaks down, people's lives go haywire, too.

Computer outages at United Airlines, the New York Stock Exchange and The Wall Street Journal on Wednesday delivered a reminder about our growing dependence on interconnected networks to get through each day.

For the most part, technology has worked smoothly while hatching innovations and conveniences that have made our lives easier and our jobs more productive. Computers, though, could bring more frequent headaches as they link together with billions of other electronic devices and household appliances — a phenomenon that has become known as the "Internet of things."

This technological daisy chain will increase the complexity of



Passengers check into the United Airlines ticket counter at Tampa International Airport on Wednesday, a day in which the airline's network went down. Meanwhile, across the U.S. the Wall Street Journal and New York Stock Exchange both experienced system errors that caused their operations to cease for part of the day. JAMES BORCHUCK/THE TAMPA BAY TIMES/THE ASSOCIATED PRESS

the systems and raise the risks of massive breakdowns, either through an inadvertent glitch or a malicious attack.

"The problem is humans can't keep up with all the technology they have created," said Avivah Litan, an analyst at Gartner. "It's becoming unmanageable by the human brain. Our best hope



Humans can't keep up with all of the technology they have created.

Avivah Litan, Gartner analyst

may be that computers eventually will become smart enough to maintain themselves."

Technology already is controlling critical systems such as airline routes, electricity grids, financial markets, military weapons, commuter trains, traffic lights and our lines of communications.

Now, computers are taking other aspects of our lives as we depend on smartphones to wake us up in the morning before an app turns on the coffee pot in the kitchen for a caffeine fix that can be enjoyed in the comfort of a home kept at an ideal temperature by an Internet-connected thermostat designed to learn the occupant's preferences.

Within the next few years, we may even be unlocking our doors with high-tech watches after being chauffeured home in robotic cars.

Technology's relentless march demands better security measures to prevent hackers from breaking into system and more rigid programming standards to reduce the chances of crippling outages, said Lillian Ablon, a technology researcher for the Rand Corp.

"Instead of just letting the technology rush ahead of us and then trying to catch up in terms of privacy and security, we should be baking those things into the systems from the start," she said. "We need to be a little smarter on how we are coding things."

THE ASSOCIATED PRESS

IN BRIEF

Ikea to install electric vehicle charge stations
Ikea Canada aims to be the place to shop for drivers of battery-powered vehicles.

The home furnishings retailer says it is installing charging stations for electric vehicles at all 12 of its stores across Canada.

The company says it is partnering on the project with Sun Country Highway to install two 60-amp charging stations at each location. The rollout is set to be completed by late August, and will be available at no cost to customers on a first-come, first-served basis.

THE CANADIAN PRESS

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THE KOHLER REPORT: ON ANTI-VAXXERS



It's like you decided to jump off the bandwagon because you saw it was headed for a cliff.

educated tune. While I'm glad they've seen the (potentially deadly) light, I'm irritated to no end that it took a measles outbreak to convince them.

As you may know, in 1998, the Lancet published Dr. Andrew Wakefield's iffy study linking the measles, mumps and rubella vaccine to autism. As you may not know, but probably should, it was retracted in 2012, two years after Wakefield lost his medical licence.

But the rumour spread, much like the measles, and some people stopped vaccinating their children. Now, a disease that the CDC declared eliminated from the U.S. in 2000 is back with 800 new U.S. cases since January 2014. Imagine the last scene of a horror movie: The camera slowly zooms in on a tombstone that reads "Here lies The Measles, 2000." Then, just as you're about to relax, a pock-marked arm juts out of the

ground! TO BE CONTINUED...

It's thanks to those 800 cases that "34% of parents think vaccines have more benefit than they did one year ago." Wow. There was so much proof that the vaccine worked (i.e., lots of people were dying from the measles, and then after the vaccine was introduced, people stopped getting the measles ... anyway, boring!), and so little evidence it caused autism (if one printed lie is evidence). It just blows my mind that people attach themselves to the less-proven, more dangerous element of the story.

Now they're casually, "Yeah, I heard there was a measles outbreak, I guess I see why vaccines work." Eff you! It's like you decided to jump off the bandwagon because you saw it was headed for a cliff.

By the way, if you're still on the fence, did you know Wakefield did part of the "study" at his own child's

birthday party, where he took blood samples from some of the party guests? ("Let's play pin the needle in your vein!") The study was so full of bunk, it's as if people decided to put the health of their children and thousands of others at risk because of a fairy tale.

It's pretty much as ridiculous to me as a child who learns about Santa Claus and then never wants to let him go. Even after finding out, they're still like, "No. I've seen pictures of him in books. He's on my Coke bottle. He's real." And then they have kids and, even though everyone's like, "There's no Santa, you better buy your kids some presents," they're like, "I don't care what billions of people say, Santa Claus is coming to town." But then on Christmas morning, there are no presents and then it's all, "You know what, there might not be a Santa." Yeah, we told you.

The only HUGE difference here is that a lack of Santa isn't going to kill anyone.

Rebecca Kohler is a standup comic, writer, actor, gymnast, lawyer and chemist. (Some of this isn't true.) Follow her on Twitter @becca_kohler

ROSEMARY WESTWOOD

metroview

The bottle collector and the power of a simple 'Thank you'

There was a man asking for change outside the meat shop the other day.

I gave him a few loonies and a bus token.

Later that day, C. — my boyfriend — passed by the same meat shop and the same man. C. didn't have change, but he was on his way to buy a Jamaican patty.

"Do you want one?" he asked.

"No, I'm vegan," the man said, in all seriousness.

"They have spinach ones," C. countered.

"No ..." the man said, "They're kind of gross."

C. — when he told me this story — smiled and shrugged, "I guess beggars can be choosers."

Fast forward to a recent evening. I was on the front porch with a gin and tonic. A man pushed his bike, loaded with bags, along the sidewalk and stopped in front of the house.

"Bottles?" he asked, and headed toward the recycling bins. With my parents in town, it's been a boozy week, so I told him to hold on and I popped inside to grab wine, beer and gin bottles.

Bottle collectors sweep my neighbourhood daily. One told me he works a 12-hour shift through the night. Most are more likely to say hi to me than many of my neighbours. They're more likely to show concern for my welfare, too.

Last year, I was approaching my house at the same time as one man. It was dark, and I didn't have lights on my bike. The man pointed to his own headlamp. "Lights!" he said, and pointed to my bike. He said something like, "Danger!" — and I knew I was being kindly admonished.

This time, empty bottles in my arms, I came back out to the street to the man waiting for me. "Thank you!" he said. "Good one!" he noted as I passed the tall amber beer bottles. "Thank you!" he said again. "Thank you! Thank you!"

He moved on to the next house, and before he passed out of sight, he waved and called, "Thank you!"

I hadn't been thanked that much all week. I thought how little I know about him, and how much I assume.

I don't know where he goes when his shift ends, whether his family is around, or how he got into the bottle-collecting life. But if I was surprised at his pleasantness, I must have assumed he was unhappy.

I don't know where the man by the meat shop came from, what events collided to land him on that sidewalk, or why he went vegan (if he really is). But if I was surprised at his alleged diet, I must have assumed he was desperate.

In both cases, I was wrong. And in both cases, I have no right to judge.

Happy face/Sad face

From **voyaging viruses** to **frightened foxes**, Metro weighs in on the news making headlines this week

Return of fox hunting has activists howling

Animal-rights activists are braying about the U.K. government's proposal to relax the rules on the controversial sport of fox hunting. David Cameron's Conservative Party wants to allow it in England and Wales, on "appropriate" land and with protection for other animals. MPs are pretty evenly split ahead of Wednesday's vote. Right now, hunters may only flush out and stalk foxes with a maximum of two dogs.



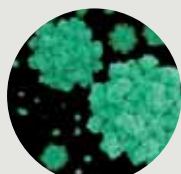
The Great Canadian beersicle

It brings a whole new meaning to "ice-cold beer." A Fredericton shop has made the ultimate summer refresher: beer freezies. The Dooryard Shandy Sorbet Freezie is made with a local wheat ale, lemon and lime juice and honey sorbet. Most of the alcohol is burned off in the cooking process, so "You're not going to get drunk off them — fortunately," says creator Levi Lawrence.

SOURCE: CBC

Stowaway sickness strikes globe

A once-rare strain of the stomach-flu germ norovirus that broke out in China this winter seems to be hitching a ride around the globe. The virus, called GII.17, has turned up recently in Japan, Taiwan, Korea and Kenya. It's contagious but not usually life-threatening, though a global pandemic could easily infect hundreds of thousands. Drug company Takeda is working on a vaccine — a notoriously finicky task in science. SOURCE: BLOOMBERG



Listen up for good news about hearing

Despite research, there's still little medical treatment (only surgery) available for genetic deafness. That may be about to change. Researchers in the journal Science Translation Medicine have hit upon a possible gene therapy. They used genetically deaf mice in an experiment, and with some biochemical wizardry, were able to stimulate production of a protein that doesn't work in some deaf people. Then when they surprised the unsuspecting rodents with loud noises, the mice jumped — indicating the treatment worked. SOURCE: THE GOOD NEWS NETWORK

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The dramatic approach

FILM

These musical stories are told with panache

IN FOCUS

Richard Crouse



Asif Kapadia's documentary *Amy* features never-before-seen footage and more than 100 interviews with people from singer Amy Winehouse's personal and professional life. It is a heart-breaking up-close-and-personal look at a woman who, as Tony Bennett says in the movie, didn't live long enough to learn how to live.

Kapadia may be best known as the filmmaker behind the BAFTA-winning documentary *Senna*, but says, "It's funny, but I am really a drama guy."

His docs are structured like feature films. *Amy*, for instance, plays on a few levels, featuring several dramatic arcs. It's a cautionary tale of the effects of international stardom. It's a portrait of drug addiction, exploitation and a woman who looked to men for protection, and chose badly. It's the story of *Amy*, a fiercely talented person who laid her heart bare in her art only to have what should have been her saviour, her music, ultimately be her undoing.

When I asked Kapadia if he looked at other music docs before beginning work on *Amy* he



Amy Winehouse movie *Amy* is a documentary structured like a feature film. Critic Richard Crouse looks back at other films about music that give the viewer a look into the personal and creative lives of the subjects. ALL PHOTOS HANDOUT

said, "I don't have references I look to. I just kind of make it up as I'm going along. For example, in the sequence with the paparazzi, I'm thinking of *Raging Bull*, with flashguns going off. I'm not thinking of a doc where you have someone's life and then they pick up a guitar and sing."

Here's a list of other music bios — some docs, some features

— that take a dramatic approach and give a complete look at the personal and creative lives of their subjects:

Anvil! The Story of Anvil

It would be easy to call *Anvil* a real-life *Spinal Tap*.

The story of the heaviest heavy metal band you've never heard of bears a strong resemblance to



the legendary fictional band, but it is so much more than that. It is a story of passion, of trying to beat the odds, of friendship, of hope against hope. It's also quite funny and the music will peel the paint off your home theatre walls.

I'm Not There

It's an elliptical and metaphoric

retelling of Bob Dylan's life, but none of the characters in it are called Bob Dylan. Most of them don't look like Dylan, and the one who most looks like Dylan is a woman, played by Cate Blanchett.

Yet I felt I knew more about what makes Bob Dylan tick when I left the theatre than I did about Johnny Cash following *Walk the*

MOVIE RATINGS by Richard Crouse

Amy ★★★★★
Big Game ★★
Batkid Begins ★★
Self/less ★★

HOW RATING WORKS

★★★★★ SEE IT
★★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

Line or Ray Charles after Ray.

Something from Nothing: The Art of Rap

A vibrant look at the art of hip hop, the first documentary from Ice-T profiles the passion of the grandmasters of rap: Afrika Bambaataa, Treach Criss, Doug E. Fresh, KRS-One, Dr. Dre and more.

Worth it to hear Snoop Dogg's (now Snoop Lion) songwriting methodology: "I need to smoke a lot of weed, and have a couple girls there because I like looking at them."

Get on Up

James Brown was known as many things — The Godfather of Soul, Soul Brother No. 1, Mr. Dynamite and The Hardest Working Man in Show Business — but he preferred to be called Mr. Brown. His rise from poverty to the top of the R&B charts is brought to life in a knockout performance from Chadwick Boseman, who plays Brown from age 16 to 60.



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6 SIX@6 LAST NIGHT:

- 6 Shawn Mendes Stitches
- 5 DJ ft Aluna George You Know You Like It
- 4 Andy Grammer Honey, I'm Good
- 3 Skrillex ft Justin Bieber & Diplo Where Are You Now
- 2 Fifth Harmony ft Kid Ink Worth It
- 1 The Weeknd Can't Feel My Face

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POTUS with a Big problem

BIG GAME

Finn's actioner an homage to the '80s films of his youth



Richard Crouse
Metro|Life

When Finnish director Jalmari Helander saw his new film *Big Game* at the Toronto International Film Festival's Midnight Madness, he was reduced to tears.

"It was one of the nicest moments of my life," he says on the line from Helsinki. "It was a really big theatre with a lot of people and they were giving it applauses in the middle and shouting and really loving the film. I was crying in my seat with pure happiness. It was really amazing."

"If you think about rock



Big Game director Jalmari Helander CONTRIBUTED

stars, they play for an audience and get feedback at all times. But for a moviemaker it's really, really rare you can see the reaction of the audience."

The movie is an '80s style POTUS-with-a-problem action flick starring Samuel L. Jackson as the U.S. president stranded by terrorists in the wilds of Finland. He's kept alive by Oskari (Onni Tommila), a teen who demonstrates his bravery by keeping the president alive despite great odds.

Big Game is an homage to the kinds of movies Helander

grew up watching, "the old Indiana Jones films or Spielberg." The kind of films, he says, that "stretch the limits of what's believable and what's not."

Being a director, he adds, also gives him the chance to impart the euphoric feeling he felt the first time he saw *Escape from New York* or *Die Hard*.

"That's the reason I want to make movies, to try and give the same feeling to someone else."

Big Game's star is Jackson, but the movie's beating heart is Helander's nephew and favourite actor Onni Tommila, who was just 13 when he shot the film.

The role is very physical, but Onni says the one stunt he was allowed to do was cut from the film and "when I am shooting with the bow that was done in a green screen. It wasn't that cool."

What was cool was working with his co-star. Just not the one you might expect. "At first I was nervous in front of Samuel L. Jackson, but in the end I think I was more nervous in front of my father." His dad co-stars as a villager and they share several scenes together. "I want him to feel like... I can't explain it. In some ways working with my father is harder, but in another way it is easier."



Onni Tommila and Samuel L. Jackson in the Finnish-made film *Big Game*. CONTRIBUTED

Rock stars, they play for an audience and get feedback at all times. But for a moviemaker it's really, really rare you can see the reaction of the audience

Jalmari Helander on TIFF response to *Big Game*

Billy Connolly is the daftest punk of all

SLUGLINE

Scottish actor talks aging and lighting candles for pal Robin

Three weeks before he was to start shooting his new film, *What We Did on Our Holiday*, Scottish star Billy Connolly got a wallop of bad news.

On the same day in September 2013, within a span of hours, he received two major diagnoses: that he had Parkinson's disease and early-stage prostate cancer.

Connolly underwent surgery to remove the cancer and never considered pulling out of the film. In fact, he didn't even tell writer-director duo Andy Hamilton and Guy Jenkin about his Parkinson's diagnosis, he said.

"It didn't change anything at all," the 72-year-old comedy legend said in a recent telephone interview, noting he had very few Parkinson's symptoms at the time.

"I think they thought I was just getting old, when I sat

down a lot, which is quite right. I am getting old."

Connolly even joked that his condition "was very useful" for his role as an ailing grandfather who gets a visit from his son and his fractured family to celebrate his 75th birthday in the Scottish Highlands.

Rosamund Pike and David Tennant play parents who have separated but don't want their extended family to know. Emilia Jones, Bobby Smalldridge and Harriet Turnbull are standouts as their children; Connolly said they deftly handled dialogue that involved a

lot of ad-libbing.

The sweet comedy, which was inspired by the BBC show *Outnumbered*, opens at Toronto's Cineplex Varsity Cinemas and Vancouver's Cineplex Fifth Avenue Cinemas on Friday.

Connolly's character has an attitude of acceptance and hu-

mour about his illness, which also reflects the way the actor feels.

He said he's just as enthusiastic about life as ever, noting he was once asked by a woman if he wanted to join a society supporting the right to die and his response was an emphatic "No" (preceded by an unprintable expletive).

"You must never give these things an even break, because you certainly find they overwhelm you, and it's all people want to talk about," he said from his home on the Maltese island of Gozo, where he likes to draw.

"You become defined by it. But I've had 45, 50 years without (Parkinson's), so I can get along just fine, thank you very much. And I find it very interesting, especially in my comedy life, because my mind works differently. It works at a different speed and I find it very exciting."

The late comedy star Robin Williams, who was Connolly's good friend, was said to be suffering from the early stages of Parkinson's disease — as well as depression and

anxiety — before he committed suicide in August 2014.

Connolly said he spoke with Williams shortly before his death and he "knew there was something wrong."

"He kept saying that he loved me and asking if I believed him and I said, 'Of course I believe you. Don't be daft,'" said Connolly.

"My wife's a psychologist and afterward she said, 'I think that was him saying goodbye.'"

Connolly said he met Williams in Canada in the 1970s when they were in the studio at the same time for tapings of the CBC-TV talk show *90 Minutes Live*, hosted by Peter Gzowski.

"He's got me going to church, the bugger," said Connolly of Williams.

"Well, I don't go and pray, I go and light a candle for him. And my sister died a couple of weeks ago, so I light two candles."

"It really appeals to me, the flame burning when you leave the building, you know?"

In October, Connolly will take his ad-libbed standup comedy *High Horse Tour* to Canada.

THE CANADIAN PRESS



Billy Connolly and Emilia Jones in the upcoming film *What We Did on Our Holiday*. HANDOUT/ THE CANADIAN PRESS

THE TV DINNER JESSICA ALLEN



A visit to Calgary is like exploring a Canadian province and five American states all in one trip

Alberta is all about enjoying contrasts in everything from landscapes to food. At right, a course at the River Café and funnel cake.

ALL PHOTOS BY JESSICA ALLEN



I just got back from my first trip to Calgary, where I was filming at the Stampede for my day job. I saw real-life cowboys. I even saw hail — in July! But mostly I saw Calgary as a city of contrasts.

Take the political scene: The 44-year-long PC reign ended back in May when the NDP won the provincial election, not to mention that for the last five years, the young, charismatic, liberal-minded Naheed Nenshi has been mayor. Yet everyone with whom I spoke had something to say about their new bike lanes: mostly that they hated them.

And the Stampede itself — a 10-day-long annual event that's defined the city for nearly 100

years — is a study in contrasts: Cuffs and collars can come courtesy of iconic Lammle's Western Wear or the celebrity-dressing fashion designer Paul Hardy. Entertainment can be found at the Cowboy Casino, where bartenders make Hooters' servers look modest, or at any number of champagne-flowing private events hosted by Big Oil's top brass. And, depending to whom you speak, the Stampede is either a celebration of majestic animals or an abuse of them.

And then there's the food: Sample classic corn dogs, funnel cakes, turkey legs on the Stampede fairgrounds. (Pizza topped with cockroaches *almost* made it on to the menu). Or visit any number of eateries, like the River Café, Model Milk and Charcut, which consistently rank on the country's best restaurants lists, for innovative comestibles on another level.

I did both styles, eating a lob-

ster corn dog, mac and cheese topped with pulled pork and funnel cake one day and devouring four memorable courses at the River Café the next.

Alberta's optics can be confusing — even more so when you consider that the vast province has been the landscape doppelgänger for Montana, Texas, Wyoming and Colorado. Although older films, like *River of No Return* (1954), *Little Big*

Man (1970) and *Days of Heaven* (1979) — maybe one of the most beautifully photographed films ever — filmed scenes there, it was Clint Eastwood's Academy Award-winning 1992 film *Unforgiven* that put the province on the map, so to speak.

Legends of the Fall and *Brokeback Mountain* followed. And Christopher Nolan seems to have a special penchant for it: He shot scenes for both *Inception* and *Interstellar* in Alberta.

Most recently, the province doubled as South Dakota when Oscar-winning director Alejandro González Iñárritu hauled Tom Hardy and Leonardo DiCaprio on what's become a notoriously difficult shoot to film scenes for *The Revenant*, which will be widely released next year.

I was there only three days. But I'm going back, not only because I saw just the silhouette of the Rockies from car windows, but also because the people are warm and wonderful and it'll be like exploring a Canadian province and five American states all in one trip. And also, I suppose, because opposites attract.

Jessica Allen is the digital correspondent on CTV's *The Social*.

DOUGHNUT-LICKING VIDEO

Grande fallout

Police said Wednesday they were investigating video that appears to show Ariana Grande licking doughnuts at a shop in Southern California. Earlier, Grande apologized for saying "I hate America" in the same video.

Police in Lake Elsinore, where the doughnut shop is located, said they and Riverside County public health officials were investigating the leaked video, which appeared to show the 22-year-old singer and a man with her "maliciously lick" the doughnuts.

Mayra Solis, 22, a cashier at Wolfie Donuts, said the singer didn't purchase any of the doughnuts she licked. "She was really rude," Solis told *The Associated Press*.

A spokeswoman for the Riverside County Department of Environmental Health said the agency was investigating why the doughnuts were left out unprotected and exposed to the public, in violation of state food laws. THE CANADIAN PRESS



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Karma for sale

Ryan Reynolds plays the reincarnated version of an outrageously wealthy, greedy man in *Self/less*. ALL PHOTOS HANDOUT

Q&A

Ryan Reynolds talks hubris, junkets and franchises

Matt Prigge

Metro in New York City

Ryan Reynolds just got back from five weeks in Bangkok, and right away he has to do a junket, solo, for his new film, the sci-fi thriller *Self/less*.

And yet despite jet lag he remains in good spirits, even if junkets aren't at all times an ideal form of communication, and even if the film he's talking about can get heavy. In it, he plays the reincarnated version of a wealthy greed monster, played by Ben Kingsley, who's so rich he's able to pay a shady company

to transfer his consciousness from his dying body to a new one, namely one played by Ryan Reynolds.

This is a film that really digs into anxieties over mortality and the dissolution of the self. Were those the ideas that most grabbed you?

Not really. It was the idea of hubris and arrogance and the class system, and all these things that propel a person to say, "Oh, I cocked up the first life. Let me just buy another one."

It's just so vile to think like that. I like seeing characters fall from grace, and I like seeing characters accept or deal with consequences.

Damian actually becomes someone who doesn't know what to do with his wealth.

There's this quest for thrills that is ever-growing. I know one guy who just does some of the most insane s—

you can imagine. Maybe it's because he's experienced so much already. He's bought everything he's wanted. He's always owned the fastest cars, the coolest planes. After a while it becomes a law of diminishing returns. There's a lack of well-being with these people. Not all of them, just particular ones.

Not every rich person is terrible and bored.

Not at all! I know wealthy people who are truly wonderful. And people like Bill Gates — those guys are going to die and leave 20, 30 billion dollars to charity. That's spectacular, if you ask me.

This isn't as ostentatiously visual as the other films by Tarsem Singh, like *The Fall* and *Immortals*, but he's still a director known for his visuals. How do you deal with filmmakers like that?

It's nerve-racking, because you think going into it, are they going to be able to talk to actors? Are they going to (know) what the scene is about apart from it just looking cool? But he's the opposite for me. I found him really attentive to each scene.

A movie is only as good as its director, and the sort of unfortunate truth is in this industry, it's a director's medium. The director is God on a film set. We can only succeed as far as he's willing to take us.

***Self/less* seems rare, not only in that it's a character-driven, ideas-driven sci-fi movie, but also that it's a one-off, not a franchise movie. I can't imagine there being a *Self/less 2*.**

Oh God, no! But that's great, isn't it? It's refreshing that there are some films like that still. It's scary, because everything's a franchise now. It does kill off the one-off movies — the small films by Screen Gems or Focus

Features. It's getting harder and harder to finance those movies. I'm worried for the future, in the sense that one day, 12 months a year it's just going to be franchise films. Even at awards season it will be franchise movies that will collect all the gold. It's a rare breed these days to have a one-off.

You still occasionally get to do something small, like your forthcoming gambling drama *Mississippi Grind*.

I always try to do those. I love those. Buried was one of those. The Voices was one of those — the smaller ones that sometimes just play at festival circuits. But to me they're everything. I love, love doing them.



***Self/less* is that rarest of birds: A character-driven sci-fi flick.**

DIRECTOR'S TAKE

If you want to enjoy this movie, don't watch the trailer: Tarsem Singh

Film director Tarsem Singh's new sci-fi feature *Self/less* is packed with twists.

If you're curious about where a lot of them lead, all you have to do is watch the movie's trailer, Singh grumbles.

"They obviously think it's better to have (audiences) come in and be angry than not come in at all," Singh says in a recent phone interview from Montreal. "I didn't mind some of it being given away, but yes, if you asked me, I think it went overboard."

The Indian-born filmmaker says his complaints about the action-packed teaser fell on deaf ears.

He'd rather people stay away from it altogether if they plan on seeing the movie.

"When we play the movie cold to people it played so well because when people didn't know what's happening they were so intrigued

THE CANADIAN PRESS



I know a couple people who are at that level of obscene wealth. There's something perverse about their lives, especially when they're young.

Ryan Reynolds, on certain rich people



Private poet's life now public

Emily Dickinson was born, and lived a secluded life, in Amherst, Mass. While she rarely travelled beyond the town, her poems had global reach. Now the world comes to Amherst.

NUALA O'CONNOR/FOR METRO



MASSACHUSETTS OFFICE OF TRAVEL AND TOURISM

1 The Homestead, 280 Main St.

This yellow mansion, built by Dickinson's grandfather, was the poet's home for most of her life. She was born and died there. Now it is one half of the Emily Dickinson Museum. Visitors can enjoy a tour and stand in the light-filled bedroom where Dickinson wrote and lowered baskets of gingerbread from her window to children below. The museum has a wonderful shop for all things Emily — dolls, books, T-shirts, notecards, posters and fridge magnets.



DADEROT/WIKIMEDIA COMMONS

2 The Evergreens, Main Street

This Italianate villa lies across the garden from The Homestead and is the other half of the Emily Dickinson Museum. This was the home of Dickinson's brother Austin and his wife Susan, Emily's dearest friend. This is a house of atmosphere — it retains its Victorian decor and much of Austin and Sue's paintings and furniture.



MASSACHUSETTS OFFICE OF TRAVEL AND TOURISM

3 Jones Library, 43 Amity St.

The library's Emily Dickinson Room houses a large collection of Dickinson-related items, including an eclectic exhibition of Emily-related memorabilia. You can see, among other things, her original calling card, first editions of her posthumously published poetry collections, and a set of cameo buttons that belonged to the poet.



FLICKR: MELVIN MASON

4 West Cemetery, Triangle Street

The graveyard where Dickinson is buried is a tree-filled oasis off North Pleasant Street. Here you can see the Amherst History Mural with Dickinson at its heart. Here, too, is the Dickinson family plot, framed by a black wrought-iron fence, where Emily rests with her parents and sister. Brother Austin is buried at Wildwood Cemetery. Fans leave mementoes on and beside Emily's grave, including toys, flowers and handwritten notes.



FLICKR: ROBERT GRAY

5 Amherst History Museum, 67 Amity St.

Many people are familiar with Dickinson's white dress, and this lovely museum has it on display in a glass case. The dress, known as a wrapper or house dress, is made of dimity, has handy pockets and a row of mother-of-pearl buttons. (The Emily Dickinson Museum displays a replica of the same dress.)

Nuala O'Connor is the author of historical fiction novel *Miss Emily*, to be published on Tuesday.

Jays can't swim with Shark

MLB
Samardzija outduels Dickey with 4-hit shutout

Jeff Samardzija kept the Chicago White Sox on a roll. Samardzija had a four-hitter, Melky Cabrera homered and the White Sox shut out the Toronto Blue Jays 2-0. The White Sox have won seven of nine and are starting to look like the team many thought would contend for a playoff spot this season. "If we go out and do our job, we know what the outcome is gonna be," Samardzija said. "If we don't, and we don't have a strong last couple weeks of the month, we know what results gonna be, too. "It's in our hands here in the clubhouse and we need to take care of it." Samardzija (6-4) took care of things against the high-powered Toronto offense. He took a no-hitter into the sixth inning for a second straight game. It was his first complete game of the season. He struck out slugger Jose Bautista to end the two-hour, 15-minute game and threw 108 pitches. "He's got a good, overpowering, live fastball and he's got a great slider," Blue Jays manager John Gibbons said. "He threw the slider behind in the count and the good ones can do that. He's easily one of the most sought-after guys out there."



White Sox pitcher Jeff Samardzija reacts to throwing a complete-game shutout over the Blue Jays in Chicago on Thursday.
 JEFF HAYNES/THE ASSOCIATED PRESS

THURSDAY In Chicago

2

0

WHITESOX

BLUE JAYS

Samardzija, who has been linked to trade rumours involving the Blue Jays, has pitched at least seven innings in seven straight starts, but Thursday was the first time during

that stretch he was able to get through the eighth inning. He had just one win during that span before Thursday. "He was sharp, he was aggressive in the zone," Chicago manager Robin Ventura said. "His competitiveness is always there. That's probably the biggest thing that sticks out when you watch him pitch, emotionally and everything else." Toronto's R.A. Dickey (3-10) allowed two runs and four hits

+

BACK AT EVEN

The Blue Jays (44-44) dropped to .500 for the first time since June 9 when Toronto was 30-30.

in seven innings. Ryan Goins singled to right field with one out in the sixth inning to end Samardzija's no-hit bid.

Goins was later stranded at third base when all-star Josh Donaldson ground into an inning-ending double play. The White Sox took the lead in the bottom of the sixth. Adam Eaton led off with a triple and later scored on a passed ball as catcher Russell Martin missed Dickey's knuckleball. Cabrera then made it 2-0 with a solo shot into the right-field bullpen.

THE ASSOCIATED PRESS

MLB IN BRIEF

Ventura helps Royals cap four-game sweep of Rays
 Lorenzo Cain and Salvador Perez hit two-run homers, Yordano Ventura went five innings in his return from the disabled list, and the Kansas City Royals beat the Tampa Bay Rays 8-3 on Thursday to finish off a four-game sweep.
 Ventura (4-6) allowed three runs and four hits and three walks, striking out four. It was his first start since June 12, when an elbow condition began causing numbness in his hand.
 The Royals scored at least seven runs in every game of their first four-game sweep since September 2008, against Seattle. THE ASSOCIATED PRESS

Tanaka pitches Yanks past A's, Gardner named all-star
 Masahiro Tanaka allowed two hits over 7-2/3 innings, Brett Gardner hit a first-inning home run and learned midgame he had been picked for his first all-star team, and the New York Yankees rallied past the Oakland Athletics 6-2 Thursday.
 Tanaka (5-3) ended a four-start winless streak, the longest drought of his 1-1/2-year major league career. He set season highs for innings and pitches (114), striking out six and walking one. One of the runs off him was unearned.
 Gardner had his seventh three-hit game this season. THE ASSOCIATED PRESS

Serena Williams can win her fourth consecutive major title with a victory on Saturday.
 ADRIAN DENNIS/AFP/GETTY IMAGES

WIMBLEDON

Serena easily dispatches Sharapova

Her game in high gear, history in the offing, Serena Williams is perfectly content to let everyone else talk about what a victory in the Wimbledon final would mean. A "Serena Slam" of four consecutive major titles. The third leg of a calendar-year Grand Slam. A 21st major singles trophy, one short of the Open-era record. For now, the No. 1-seeded Williams is keeping her thoughts to herself, declaring she won't entertain questions about those topics, even after easily dismissing No. 4 Maria Sharapova 6-2, 6-4 in the semifinals at the All England Club on Thursday to close in on the milestones. "I don't want the pressure of that, and I'm not thinking of that. When you talk about it every time, you can't help but think about it," Williams said. "It's been OK just to free my brain from that." Whatever works. Clearly, Williams is doing plenty right at the moment. Particularly against Sharapova, whom she's beaten 17 times in a row. Williams hit 13 aces, reaching 123 m.p.h. Fewer than half her serves were put in play. She never faced a break point, and was pushed to deuce just once on her serve. In sum, Williams made Sharapova look like some sort of middle-of-the-pack wannabe, rather than the five-time major champion, career Grand Slam owner and former No. 1 that she is. "Nothing to do with Sharapova," said Williams' coach, Patrick Mouratoglou. "She does this to most of the top 10 players. It's true. She's dominating the game for a long time." On Saturday, with so much at stake, Williams will face No. 20 Garbine Muguruza of Spain, who advanced to her first Grand Slam final by eliminating No. 13 Agnieszka Radwanska of Poland 6-2, 3-6, 6-3. THE ASSOCIATED PRESS

29

The number of winners Williams had against Sharapova, who managed just nine.



The Cavaliers have come to terms on new contracts with both LeBron James, left, and Kevin Love. MIKE LAWRIE/GETTY IMAGES

Two-year deal in place for LBJ

NBA

Cavs ramping up for another crack at title

There was no need for a heartfelt letter this summer. LeBron James isn't going anywhere.

This decision was easy. Just shy of the one-year anniversary of his celebrated homecoming, James agreed to terms on a two-year, \$47-million contract for next season, two people familiar with the negotiations told the Associated Press on Thursday.

The deal includes a \$24-million player option for 2016-17, said the people who spoke on condition of anonymity because James has not yet signed the contract.

That will be done soon enough as the four-time MVP has a busy schedule over the next few weeks to promote a new comedy film in which he portrays himself.

James is hosting a VIP screening for family and friends in Akron on Friday, where he'll walk the red carpet with the other stars of *Trainwreck*, an R-rated movie he filmed last summer shortly after announcing he was returning to the Cavs.

Unlike last July 11, when his essay in *Sports Illustrated* touched Cleveland fans and changed the NBA's landscape, James wasn't the star attraction during this summer's free agency period.

DeAndre Jordan and others took care of all the drama as James went on vacation in the Bahamas with close friends Dwyane Wade, Chris Paul and Carmelo Anthony.

James ended any suspense or

speculation about his future with Cleveland by saying several times during the past season that he intends to end his career with the Cavs.

This is the first time since 2006 that James will re-sign with a team. On two previous occasions as a free agent he left for another team, signing with Miami in 2010 and Cleveland in 2014.

It had been expected that James would wait to see if forward Tristan Thompson, who is also represented by his agent, Rich Paul, would sign before he negotiated with the Cavs.

But on the first day teams could sign players, James made his intentions known to the Cavs, who in one season went from a lottery team to Eastern Conference champions with James.

With more experienced players and perhaps a few new ones, there's no reason why the Cavs won't be in the title chase again.

James' skills have shown no signs of erosion, and owner Dan Gilbert has shown a willingness to shell out major money to keep his biggest star surrounded with quality players.

And while his agreement with the Cavs is not a surprise, it does give him future flexibility and the ability to make more money next summer when the league's

new TV deal kicks in. The \$24-billion package is expected to give the salary cap a bump by millions.

The 30-year-old James led the Cavs to the NBA Finals in his first season back. Cleveland lost in six games to Golden State, but through

no fault of James.

Forced to carry the scoring load following injuries to all-star point guard Kyrie Irving and forward Kevin Love, James was brilliant against the Warriors, averaging 35.8 points, 13.3 rebounds and 8.8 assists — the best statistical line in finals history.

THE ASSOCIATED PRESS

35.8

James' points-per-game average in the recent NBA Finals

+ LOVE CONVINCED TO STAY

Kevin Love's poolside chat with LeBron James persuaded him to jump back in with the Cavaliers.

Love, who announced last week that he will stay in Cleveland, said Thursday that he and James had a "very honest" talk before free agency opened and the discussion led him to re-signing with the Cavs, a team he hopes to help win an NBA championship.

"He happened to be in

Los Angeles the same time I was," Love said of James. "So, we just talked everything out and a lot of stuff was very honest and we came to a really good place and we agreed on a lot of things, so I think that was also a very big deal when you're talking to the best player in the world."

Love will reportedly get a five-year, \$113.2 million contract. His salary for next season will be \$19.69 million.

IN BRIEF

Yellow jersey cyclist Martin withdraws from tour

The yellow jersey seems to be an unlucky charm at this Tour de France.

Tony Martin started Thursday's sixth stage in the lead and ended it in the hospital after breaking his collarbone in a crash that he caused near the finish line. He became the second race leader to pull out of the race, after Fabian Cancellara fractured two vertebrae in his lower back on Monday.

Zdenek Stybar won the stage. THE ASSOCIATED PRESS

Pospisil withdraws from Canada's Davis Cup tie

Canada won't have its top two singles players for its Davis Cup tie against Belgium.

Tennis Canada announced Thursday that Vancouver's Vasek Pospisil won't play in the Davis Cup match because of a severe bone bruise to his right wrist.

Canada will also be without its top singles player, hard-serving Milos Raonic of Thornhill, Ont., who is recovering from the lingering effects of foot surgery.

THE CANADIAN PRESS



New Raptors point guard Cory Joseph poses during an introductory press conference in Toronto on Thursday.

DARREN CALABRESE/THE CANADIAN PRESS

RAPTORS

Family stressed in pitch to new signees

The Toronto Raptors introduced two new members of their family Thursday with a third on the way.

Forward Demarre Carroll and Canadian guard Cory Joseph were introduced as Toronto's newest free-agent signings, with forward Luis Scola expected to join them shortly. Carroll and Joseph both pointed to the importance of family and home in the Raptors' sales pitch.

"They included my family. Whenever you include some-

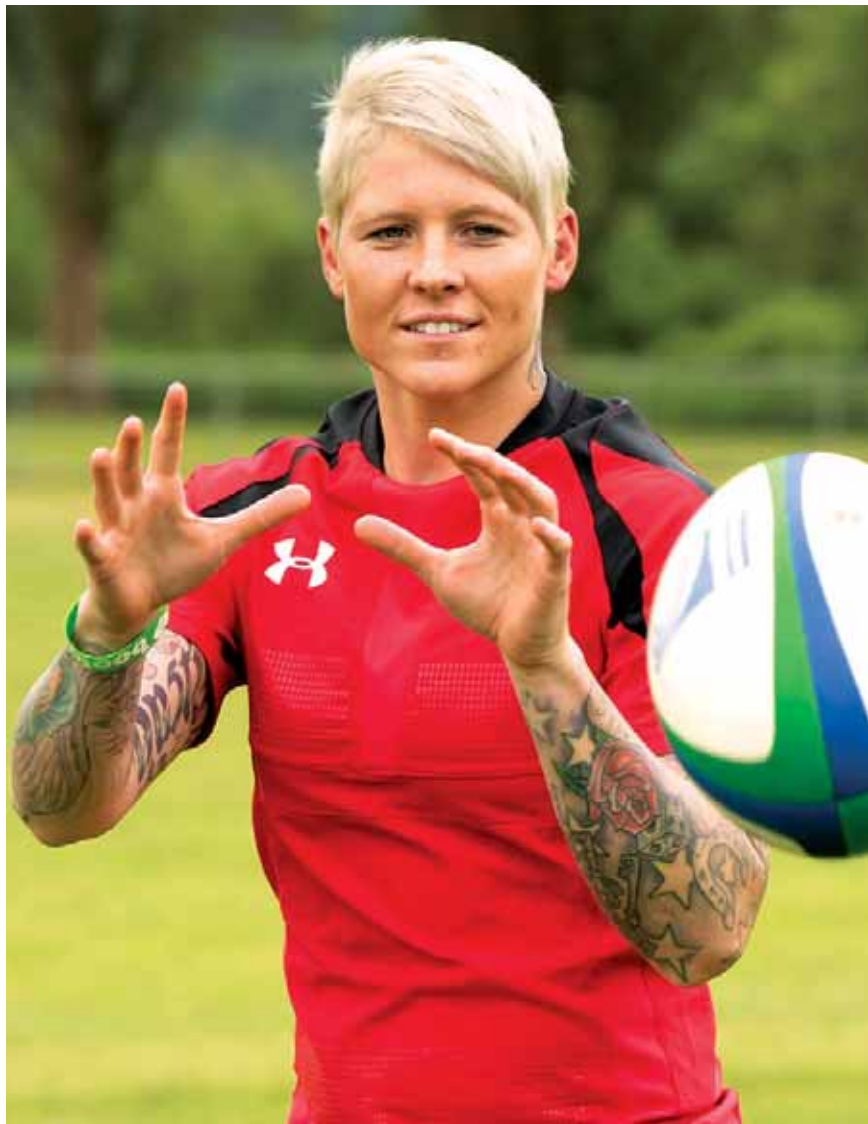
one's family, that's real," said Carroll. "I didn't only have the negotiations with myself, but also with my family. I felt like that was a big part of it. Beyond this basketball, at the end of the day, all you have is family."

"I feel like they took me in as their family and I'm happy to be a part of the Toronto Raptors family."

Joseph, 23, of Pickering, Ont., grew up a Raptors fan and will play for his hometown team.

THE CANADIAN PRESS

Rugby sevens looking to spark Canadian interest



Rugby sevens captain Jen Kish and the Canadian women's team open up the Pan Am Games tournament against Colombia on Saturday in Toronto. JONATHAN HAYWARD/THE CANADIAN PRESS

PAN AM GAMES

Women's team hope to follow in footsteps of soccer success

Canadian rugby captain Jen Kish, as most athletes in Toronto do, wants to leave the Pan Am Games with a gold medal around her neck. But her entire rugby sevens team also wants to win something far less tangible while they're in Toronto: The support of a nation.

That's what the women's soccer team won at the London Olympics, along with its bronze medal, and, as a consequence, played to packed crowds on home soil at the Women's World Cup.

"To see how the women's soccer team has bloomed from medalling in the last Olympics, it's amazing and we're very envious of that. We always say to each other, 'That's going to be us one day,'" Kish said.

"As rugby continues to build in Canada and people start to learn rugby and get excited about it come Rio, where we have a good potential of medalling, I think the same thing will happen."

This is the debut of women's rugby in any multi-sport Games and, for many Canadians, the first taste of what they could see during the 2016 Rio Olympic tournament. Canada's women have already qualified to play there.

But the very thing that made the sevens game so appealing to

“These girls have lots of swagger and it's justified.

Canada rugby sevens head coach John Tait

the International Olympic Committee — the speed of the game and its short tournaments — doesn't give players much time to develop new fans.

In the Women's World Cup, the Canadians played five soccer matches over three weeks. This weekend at the Pan Am Games, Canada's rugby players will hit the pitch for that many matches in just two days. Then, if all goes well, their sixth match will be Sunday night for the gold medal.

The men's two-day sevens tournament runs alongside the women's matches at Exhibition Stadium.

"It's bang for your buck," Kish said of their speedy and action-packed-filled tournament days.

"If you have a short attention span, it's a great sport for you."

Each game is 14 minutes long except for the gold-medal round, when exhausted players are "rewarded" with a 20-minute game.

Every minute is action-packed — tackle, pass, sprint, repeat — and, with each converted try worth seven points, the lead often trades back and forth.

It's a fast and unpredictable game.

That's what Rugby Canada hopes the nation will fall in love with.

"It's a fast, exciting game; seven people are covering the pitch and that requires a lot of hard work at a fast pace," Canadian player Ghislaine Landry said.

TORSTAR NEWS SERVICE

+ WHAT TO WATCH

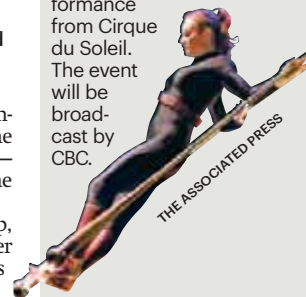
Games take Toronto area

The wait is over.

After years of planning, months of preparation and countless hours of volunteer work, the 2015 Pan Am Games have landed in Toronto.

FRIDAY

The opening ceremony starts Friday at 9 p.m. at the Rogers Centre. A capacity crowd of 45,000 will be wowed by a special performance from Cirque du Soleil. The event will be broadcast by CBC.



SATURDAY

The Games' starting pistol sounds off Saturday at 10 a.m., with the first medals being awarded in women's 400-metre canoeing. Canada's golden paddler, Adam van Koeverden,

will also be hitting the water for the men's kayak sprint.

Canada's men's rugby team start their gold medal defence Saturday at 1 p.m., squaring off against

Guyana.

SUNDAY

Sunday's marquee is undoubtedly men's soccer, with the Canadian team facing stiff competition from Brazil in Hamilton. The game kicks off at 9:35 p.m.

LUKE SIMCOE/METRO

SYNCHRONIZED SWIMMING

Rio 2016 spots up for grabs

Jacqueline Simoneau and Karine Thomas are a step closer to the Rio Olympics.

The Canadian duet synchronized swimming team finished first in the 12-team technical routine portion of their Pan Am Games event at the Scarborough aquatics centre on Thursday.

If they hold that lead — and they went into the event favoured — they will claim the lone Olympic berth on the line.

The free routine final is Saturday morning.

Simoneau and Thomas posted a score of 88.0881, ahead of the second-place Mexican team of



Jacqueline Simoneau and Karine Thomas perform the technical routine Thursday in eastern Toronto. THE ASSOCIATED PRESS

Karem Achach and Nuria Diosdado, who scored 84.4133. Mariya Koroleva and Alison Williams of

the United States were third in the technical routine. TORSTAR NEWS SERVICE



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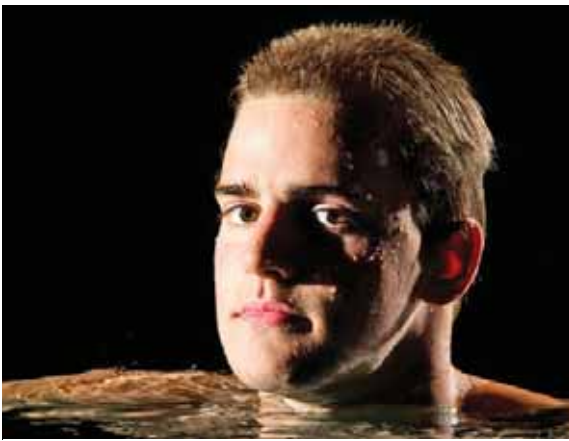
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Saskatoon-born Richard Weinberger is the current Pan Am open water swimming champ DARRYL DYCK/THE CANADIAN PRESS FILE

PAN AM GAMES

Concerns for our biggest-ever sporting event

Toronto highways are clogged, tickets sales have only just passed the halfway mark and hotels are reporting fewer bookings than expected. Ready or not, the Pan Am Games are here.

Six years after Toronto made its winning bid to host the Games, the city is rolling out the welcome mat for 10,000 athletes and officials from 41 countries in the largest international multi-sport event ever held in Canada. With 36 sports

and hordes of participants, the Games eclipse even the Olympic Games the country has hosted.

Canadian athletes have raved about the thrill of competing on home soil and government officials have applauded what they consider a chance to show off what the country has to offer, as well as what they deem an important legacy in infrastructure.

But the road to the Games hasn't been entirely smooth, and even now, with the opening

ceremony set for Friday, excitement for the event is mingled with concerns over traffic and expenses. Saad Rafi, CEO of the TO2015 organizing committee, said he believes Canadians will come out feeling "very proud of what's been done here."

"Sometimes it's hard to get a real sense of what (the Games) have to offer," he said. "But I think (that will change) when people start seeing Canadian athletes on the top of the po-

BUDGET

Most of the Games' \$2.5-billion budget comes from the federal, provincial and Toronto governments, with ticket sales expected to cover about \$40 million.

dium, when they start seeing ... fireworks every night with fantastic artists, Pan Am Park, and so on." THE CANADIAN PRESS

Canada's open-water warrior

SWIMMING

Metal-loving Weinberger all set to defend his Pan Am title

After yet another marathon training session in his home pool, Richard Weinberger slips on an Amon Amarth T-shirt and gets ready to chat.

Olympic medallist open-water swimmer and Swedish melodic death metal band come together in one sleek surfer dude package. "I went to the concert with my sister," Weinberger said enthusiastically. "It was pretty awesome."

Viking metal — Amon Amarth comes from the Sindarin name of Mount Doom in The Lord of the Rings — has not always been the music of choice before competition for the mellow 25-year-old Weinberger. Trance or progressive house used to be his pre-race soundtrack. "Recently I'm into more of a darker metal phase," he explained. "I bounce back and forth."

Weinberger may be cueing up Amon Amarth's latest album Deceiver of the Gods on Sunday as he looks to defend his Pan American Games title. He is one of seven Canadian defending individual Pan Am champions at the Games.

Weinberger, who won Olympic bronze at the 2012 London

Games, and his fellow open-water swimmers will race six 1.67-kilometre laps at the Ontario Place west channel. The women will do the same Saturday. Swimming 10 kilometres in open water might seem like a watery Mount Doom for most. But Weinberger embraces his gruelling discipline. One, that's where his talents lie as a swimmer. Two, he likes the strategy of the race. And three, he just likes to challenge himself.

"It's pretty brutal but you're normally caught up in the race. You have a lot of distractions."

That can include mind games. Weinberger says there are mental highs and lows in every race, which are balanced by the hours of training. Then there are the other swimmers. Open-water racing can be a contact sport.

"Anything under the water is legal," he said. "Whatever the officials don't see, people can get away with. But generally you're working on efficiency and strategy. It's very exhausting to throw punches at each other."

It's all in the spirit of competition. Weinberger says the swimmers are actually a band of brothers who often eat together before races.

There have already been red flags raised about the 2016 Olympic course off Copacabana Beach due to pollution. Weinberger isn't too fazed, however.

"Part of the sport is expected the unexpected," he said.

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Anything under the water is legal. Whatever the officials don't see, people can get away with. But it's exhausting to throw punches at each other. Richard Weinberger on his sport

Close-knit family moulded Marner

NHL

From early age dad could see Leafs prospect was special

Mitch Marner's journey to the Maple Leafs started on a public skating rink in Clarington, Ont. He was 2-1/2 when he put on skates for the first time.

"I remember a little bit," says Marner, the Leafs top draft pick in the June draft. "I didn't even have skates. I had those things you put on your shoes. It's a memory that lasts a lifetime."

Marner's dad, Paul, remembers it, too, because Mitch took to skating — and all things hockey — so easily.

"I kind of knew right away when he was young that there was something different, something special about him," says Paul Marner. "He literally could skate the first day we put him on skates."

"The next day, I took him to a pond and by the end of the day he was pushing the puck and taking some strides. It came to him that easy."

The story of how Mitch Marner got to be one of the best 18-year-old hockey players in the world — and one of the Leafs brightest hopes — is the story of a close-knit family spending a lot of time in rinks and a lot of money on hockey.

"Without them, I wouldn't be here," Mitch says of his family. "I'm really lucky to have my family behind me. Our family is really close. We try and do as many family events as we can. That's the kind of family we are. Nothing is ever going to change between us."

Mitch is the youngest of two.



Leafs draftee Mitch Marner skates a drill during the first day for rookie camp on Tuesday. CARLOS OSORIO/TORSTAR NEWS SERVICE

Christopher is four years older, and played hockey and Mitch wanted to be like his older brother.

"When he was learning to walk, he had a hockey stick in his hand," says Paul Marner. "He played mini-sticks in the kitchen with my wife (Bonnie) while she was cooking. He'd watch his older brother play and Mitch would be in the rink in a corner with a stick and a puck and shooting at the net."

Both sons played top-level hockey, but Mitch — like Connor McDavid — played against older kids. He might have been the smallest player on the ice, but he was also one the fastest and most skilled and unafraid to hit the bigger kids. At 4, he



HOCKEY PARENTS' BIG BILL

When the all-in price tag is considered — from registration fees to new equipment to private lessons, hotels and gas money to get to tournaments for both of his sons — Paul Marner figures the family spent between \$600,000 and \$700,000 on hockey. "It's staggering when you

think what most hockey parents spend," says Paul Marner. "We're one of the lucky ones where at the end of it hopefully Mitch is going to have a career out of it."

"That's not why you do it. But it's an expensive sport, very expensive at the upper level." TORSTAR NEWS SERVICE

was singled out as athlete of the week by City TV.

"I think he was born with some God-given talent," says Paul Marner. "My older boy had

the same training, but it came very easy for Mitch, the skating, his hockey sense."

Father and son would work on skills together — one-timers,

the give-and-go, wraparounds. "Whenever I got the chance, I'd want to go on the ice and do fundamentals and shooting and stuff like that," says Mitch. "It was my fun as a kid."

As youngsters, the brothers would watch the Leafs before going to bed. But Mitch would also watch his own games — Paul recorded as many as he could — to see what he was doing right and what he was doing wrong and what he might do differently next time.

It was a learning tool then that has become a precious family heirloom.

And while Mitch admired Mats Sundin, the father would tell stories and show video about

66

I kind of knew right away when he was young that there was something different, something special about him. He literally could skate the first day we put him on skates.

Mitch Marner's dad Paul

his favourite player, Doug Gilmour. Scouts have long likened Marner's game to that of Gilmour's. Offensive, crafty, can score and pass, and plays well in his own end. And Marner's slight, like Gilmour.

"That's why I wear 93 — for him and my brother's birth year," says Marner. "Me and my dad would watch Dougie clips, see what he used to do. He was famous for that wraparound of his. When I was a kid, the wrap-around was my go-to."

"Nowadays, it's a little more difficult. But he's a guy I've always looked up to and watched and a guy I want to be one day for Leafs Nation."

As Mitch grew — first playing in Whitby, Ont., then for the Vaughan Vipers, then for the Don Mills Flyers, then finally with the London Knights — mother and father attended just about every game. Home and away. Marner took a few minutes on Thursday on his lunch break at Leafs prospects camp, reminiscing while looking at a few old photos.

"It's crazy to think about it," says Mitch. "It's all helped me get here now. I wouldn't change anything." TORSTAR NEWS SERVICE

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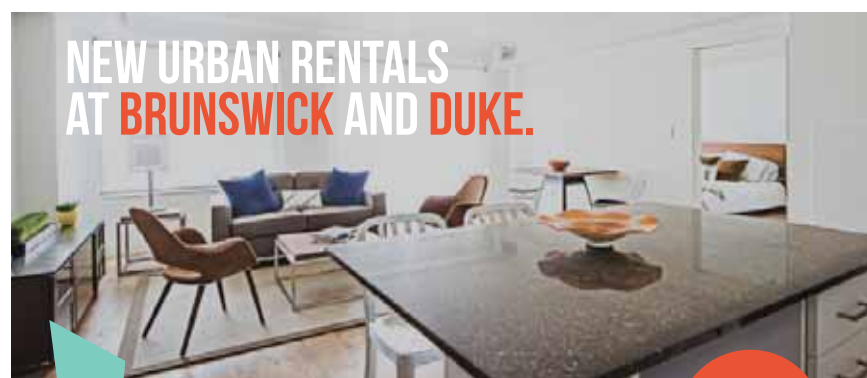
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RECIPE Chicken in Wild Mushroom Sauce



EAT LIGHT AT HOME

Rose Reisman
rosereisman.com

@rosereisman

Ready in

Prep time: 10

Cook time: 16

Serves 4

Ingredients

- 4 Tbsp all-purpose flour
- 2 Tbsp grated Parmesan cheese
- Salt and pepper
- 1 1/2 lb boneless chicken breast, pounded
- 4 tsp vegetable oil, divided
- 3 cups sliced oyster mushrooms (approx. 8 oz)
- 2 tsp minced garlic
- 1/3 cup white wine
- 2/3 cup chicken stock
- 2/3 cup 2% evaporated milk
- 1 tsp mustard
- 1/4 cup chopped parsley

Directions

1. Combine flour, cheese, salt

and pepper on plate. Coat chicken on both sides.

2. In a large skillet, add 2 tsp oil and sauté chicken for four minutes, turning once. Remove and set aside. Add remaining 2 tsp oil and sauté mushrooms for five minutes just until cooked and no moisture is left. Add garlic and sauté one minute.

3. Add wine to mushrooms and sauté for one minute or until almost evaporated.

4. In a bowl, combine stock, milk, mustard and flour until combined. Add to skillet with mushrooms, add chicken, cover and simmer on lowest heat for five minutes, turning once or until sauce is slightly thickened. Do not cook on higher heat or milk will curdle. Garnish with parsley.

Nutrition per serving

- Calories 370
- Protein 43.5 g
- Total fat 11.4 g

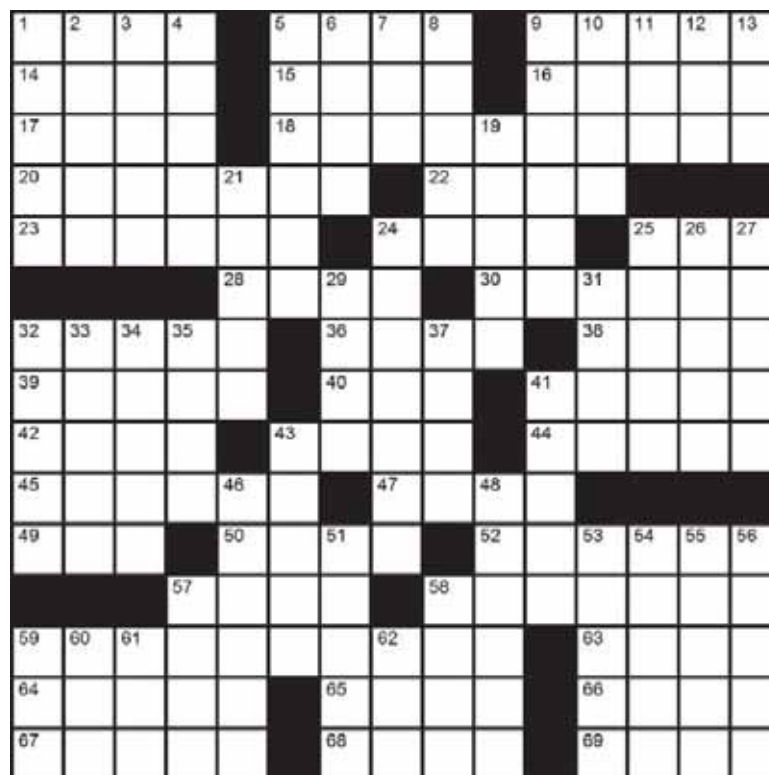
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Relaxed running pace
5. 'Hypn' suffix
9. '80s rockabilly hit: "___ Cat Strut"
14. Reykjavik is its cap.
15. Katy Perry hit
16. Angered
17. Gotchas!
18. 2015: Every-four-years sporting event that's in Toronto this summer: 3 wds.
20. Hoped-for candidate on a matchmaker's list: 2 wds.
22. Goofball
23. Singer/actress Ms. Gomez
24. Ancient queen of Greek mythology
25. Key above Caps Lock
28. Grimm opener...
30. Light up, in verse
32. Montreal ___ (Where the Canadiens once played)
36. Nameless [abbr.]
38. "Ah, me."
39. Picture
40. Glamorous getaway
41. Life sign
42. Man on the Moon
43. Convene
44. That is, in Latin: 2 wds.
45. Fire up
47. Blue-green
49. Enunciate
50. Mr. Estrada



52. Understated
57. Slumps
58. Headache pill
59. Magical passport!: 2 wds.
63. Three-___ sloth
64. "Dawson's Creek" actress Ms. Holmes

65. Stratford-___Avon
66. "No Particular Place ___" by Chuck Berry
67. Conform
68. Formerly, fancily
69. Disgorge

DOWN

1. Mr. Hemsworth's
2. Earth tone
3. "___ Harbor" (2001)
4. Vintage dairy products cow
5. "___ Black" (TV

- show starring Canadian actress Tati Maslany)
6. Perfectly: 2 wds. + letter
7. Mr. Fleming, James Bond creator
8. Pet rocks, for one

9. Indicate
10. Cafeteria carrier
11. Clash
12. Lunched
13. "Okay."
19. Comedian/actor Cheech
21. Pointed-hat garden ornament
24. Nag
25. Tutu textile
26. Accumulate
27. Hassle
29. Pillow's packaging
31. Glorify
32. Done, in Montreal
33. ___-3 fatty acids
34. Forecast on an in-need-of-umbrella day
35. Kind of citrus fruit
37. Like Cheerios
41. WWII-era model
43. Unify in the corporate world
46. Silverware service: 2 wds.
48. Acquiesce
51. Debated dispute
53. Ship's mooring posts
54. Soldiers group
55. Vassal
56. Fund
57. Trim
58. Tunestress
59. Quebec-made cheese
60. Launch site
61. Helios' 'H'
62. Calendar abbr.

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Your feelings for a certain individual will reach a peak. However, the planets warn that this may not be the best time to reveal your true intentions — keep them secret just a little while longer.

Taurus April 21 - May 21
Saturn urges you to face up to problems in your most important relationships. You need to bring resentments into the open where they can be dealt with once and for all.

Gemini May 22 - June 21
You must take care of duties and responsibilities that should have been taken care of long ago. You've put them off long enough — now it's time to knuckle down.

Cancer June 22 - July 23
The planets warn you need to be careful who you let into the secrets of your heart. It could be you have a rival for the object of your affections. Don't let them know how you feel.

Leo July 24 - Aug. 23
What happens today will touch you deeply and magnify your feelings — you may not be able to control yourself. If you lose your cool you must make amends as soon as possible.

Virgo Aug. 24 - Sept. 23
Don't let anyone tell you what you should and should not be doing. Cosmic activity urges you to have a good time socially whether or not loved ones or authority figures approve.

Libra Sept. 24 - Oct. 23
No matter how hungry you are for fame and fortune you must not cut corners or take liberties. If you want success to last you must make sure it has strong foundations.

Scorpio Oct. 24 - Nov. 22
If a friend or work colleague proposes that you do something different over the next few days don't dismiss the idea out of hand. You may be a creature of habit but sometimes it is good to go off at a tangent.

Sagittarius Nov. 23 - Dec. 21
The planets suggest you will be somewhat unyielding today. Be warned, however, that if it comes down to a battle of wills you are likely to be the long-term loser.

Capricorn Dec. 22 - Jan. 20
You have many great ideas but before you start working on any of them it might be wise to seek the opinions of people you trust. There may be something small but important that you have missed.

Aquarius Jan. 21 - Feb. 19
You may be tempted to lay down the law with someone who did a poor job or let you down, but is that really the best approach? Find out why they failed. Maybe they need help.

Pisces Feb. 20 - March 20
Cosmic activity makes you both dynamic and relaxed about life and with a combination like that you are sure to succeed.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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CITY: 12.9L/100 KM*



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